

NREPP: SAMHSA's National Registry of Evidence-based Programs and Practices

Intervention Title	Description
<u>A Woman's Path to Recovery (Based on a Woman's Addiction Workbook)</u>	A Woman's Path to Recovery is a clinician -led program for women with substance use disorders. The model used chapters from "A Woman's Addiction Workbook: Your Guide to In-Depth Healing" as the basis for 12 90-minute sessions conducted by clinicians over 8 weeks.
<u>Adolescent Community Reinforcement Approach (A-CRA)</u>	The Adolescent Community Reinforcement Approach (A-CRA) to alcohol and substance use treatment is a behavioral intervention that seeks to replace environmental contingencies that have supported alcohol or drug use with prosocial activities and behaviors that support recovery.
<u>Alcohol Behavioral Couple Therapy</u>	Alcohol Behavioral Couple Therapy (ABCT) is an outpatient treatment for individuals with alcohol use disorders and their intimate partners. ABCT is based on two assumptions: Intimate partner behaviors and couple interactions can be triggers for drinking, and a positive intimate relationship is a key source of motivation to change drinking behavior.
<u>Behavioral Couples Therapy for Alcoholism and Drug Abuse</u>	Behavioral Couples Therapy for Alcoholism and Drug Abuse (BCT) is a substance abuse treatment approach based on the assumptions that (1) intimate partners can reward abstinence and (2) reducing relationship distress lessens risk for relapse.
<u>Boston Consortium Model: Trauma-Informed Substance Abuse Treatment for Women</u>	The Boston Consortium Model: Trauma-Informed Substance Abuse Treatment for Women (BCM) program provides a fully integrated set of substance abuse treatment and trauma -informed mental health services to low -income, minority women with co-occurring alcohol/drug addiction, mental disorders, and trauma histories.
<u>Brief Marijuana Dependence Counseling</u>	Brief Marijuana Dependence Counseling (BMDC) is a 12-week intervention designed to treat adults with a diagnosis of cannabis dependence. Using a client-centered approach, BMDC targets a reduction in the frequency of marijuana use, thereby reducing marijuana-related problems and symptoms.

<u>Brief Strategic Family Therapy</u>	Brief Strategic Family Therapy (BSFT) is designed to (1) prevent, reduce, and/or treat adolescent behavior problems such as drug use, conduct problems, delinquency, sexually risky behavior, aggressive/violent behavior, and association with antisocial peers; (2) improve prosocial behaviors such as school attendance and performance; and (3) improve family functioning, including effective parental leadership and management, positive parenting, and parental involvement with the child and his or her peers and school
<u>Brief Strengths-Based Case Management for Substance Abuse</u>	Brief Strengths-Based Case Management (SBCM) for Substance Abuse is a one-on-one social service intervention for adult with substance use disorders that is designed to reduce the barriers and time to treatment entry and improve overall client functioning.
<u>Broad Spectrum Treatment (BST) and Naltrexone for Alcohol Dependence</u>	Broad Spectrum Treatment (BST) and Naltrexone for Alcohol Dependence is a 3- to 6 -month program that uses manual-guided cognitive behavioral therapy in combination with naltrexone pharmacotherapy (50 mg daily) to treat adults with alcohol dependence.
<u>Chestnut Health Systems – Bloomington Adolescent Outpatient (OP) and Intensive Outpatient (IOP) Treatment Model</u>	The Chestnut Health Systems-Bloomington Adolescent Outpatient (OP) and Intensive Outpatient (IOP) Treatment Model is designed for youth between the ages of 12 and 18 who meet the American Society of Addiction Medicine's criteria for Level I or Level II treatment placement.
<u>Cocaine-Specific Coping Skills Training</u>	Cocaine-Specific Coping Skills Training (CST), an adaptation of a treatment approach used for alcoholism, teaches cocaine users how to identify high-risk situations associated with past episodes of cocaine use and modify their behavior to avoid or counteract those influences in the future.
<u>Computer-Assisted System for Patient Assessment and Referral (CASPAR)</u>	The Computer-Assisted System for Patient Assessment and Referral (CASPAR) is a comprehensive assessment and services planning process used by substance abuse clinicians to conduct an initial assessment, generate a treatment plan, and link clients admitted to a substance abuse treatment program to appropriate health and social services available either on site within the program or off site in the community.

<u>Customized Employment Supports</u>	Customized Employment Supports (CES, formerly known as Comprehensive Employment Support) was developed to help methadone treatment patients, who are likely to have irregular work histories, attain rapid placement in paid jobs and increase their legitimate earnings.
<u>Drinker's Check-Up</u>	Drinker's Check-up (DCU) is a computer-based brief intervention designed to help problem drinkers reduce their alcohol use and alcohol-related consequences. The program targets individuals along the continuum of problem drinking from hazardous use (e.g., binge-drinking college students) to alcohol dependence (e.g., individuals presenting from specializing alcohol treatment).
<u>Family Behavior Therapy</u>	Family Behavior Therapy (FBT) is an outpatient behavioral treatment aimed at reducing drug and alcohol use in adults and youth along with common co-occurring problem behaviors such as depression, family discord, school and work attendance, and conduct problems in youth.
<u>Family Support Network (FSN)</u>	Family Support Network (FSN) is an outpatient substance abuse treatment program targeting youth ages 10-18 years. FNS includes a family component along with a 12-session, adolescent-focused cognitive behavioral therapy—called Motivational Enhancement Therapy/Cognitive Behavioral Therapy (MET/CBT12)—and case management.
<u>Forever Free</u>	Forever Free is a drug treatment program for women who abuse drugs and are incarcerated. The intervention aims to reduce drug use and improve behaviors of women during incarceration and while they are on parole.
<u>Friends Care</u>	Friends Care is a stand-alone aftercare program for probationers and parolees exiting mandated outpatient substance abuse treatment. The aftercare program is designed to maintain and extend the gains of court-ordered outpatient treatment by helping clients develop and strengthen supports for drug-free living in the community.

<u>Healthy Workplace</u>	Healthy Workplace is a set of substance abuse prevention interventions for the workplace that are designed for workers who are not substance-dependent and still have the power to make choices about their substance use.
<u>Interim Methadone Maintenance</u>	Interim Methadone Maintenance, also known as Interim Maintenance or IM, is a simplified methadone treatment program for opioid- dependent adults who are on waiting lists for comprehensive methadone treatment.
<u>Living in Balance</u>	Living in Balance (LIB): Moving From a Life of Addiction to a Life of Recovery is a manual –based, comprehensive addiction treatment program that emphasizes relapse prevention. LIB consists of a series of 1.5- to 2-hour psychoeducational and experimental training sessions.
<u>Matrix Model</u>	The Matrix Model is an intensive outpatient treatment approach for stimulant abuse and dependence that was developed through 20 years of experience in real-world treatment settings. The intervention consists of relapse-prevention groups, education groups, education groups, social-support groups, individual counseling, and urine and breath testing delivered over a 16- week period.
<u>Moral Reconciliation Therapy</u>	Moral Reconciliation Therapy (MRT) is a systematic treatment strategy that seeks to decrease recidivism among juvenile and adult criminal offenders by increasing moral reasoning. Its cognitive-behavioral approach combines elements from a variety of psychological traditions to progressively address ego, social, moral, and positive behavioral growth.
<u>Motivational Enhancement Therapy</u>	Motivational Enhancement Therapy (MET) is an adaptation of motivational interviewing (MI) that includes one or more clients feedback sessions in which normative feedback is presented and discussed in an explicitly nonconfrontational manner.
<u>Motivational Interviewing</u>	Motivational Interviewing (MI) is a goal-directed, client-centered counseling style for eliciting behavioral change by helping clients to explore and resolve

	ambivalence. The operational assumption in MI is that ambivalent attitudes or lack of resolve is the primary obstacle to behavioral change, so that the examination and resolution of ambivalence becomes its key goal.
<u>Multidimensional Family Therapy (MDFT)</u>	Multidimensional Family Therapy (MDFT) is a comprehensive and multisystemic family-based outpatient or partial hospitalization (day treatment) program for substance-abusing adolescents, adolescents with co-occurring substance use and mental disorders, and those at high risk for continued substance abuse and other problem behaviors such as conduct disorder and delinquency.
<u>Multisystemic Therapy (MST) for Juvenile Offenders</u>	Multisystemic Therapy (MST) for juvenile offenders addresses the multidimensional nature of behavior problems in troubled youth. Treatment focuses on those factors in each youth's social network that are contributing to his or her antisocial behavior.
<u>Network Therapy</u>	Network Therapy is a substance-abuse treatment approach that engages members of the patient's social support network to support abstinence. Key elements of the approach are: (1) a cognitive-behavioral approach to relapse prevention in which patients learn about cues that can trigger relapse and behavioral strategies for avoiding relapse; (2) support from the patient's natural social network; and (3) community reinforcement techniques engaging resources in the social environment to support abstinence.
<u>Not On Tobacco (N-O-T)</u>	Not On Tobacco (N-O-T) is a school-based smoking cessation program designed for youth ages 14 to 19 who are daily smokers. N-O-T is based on social cognitive theory and incorporates training in self-management and stimulus control; social skills and social influence; stress management; relapse prevention; and techniques to manage nicotine withdrawal, weight, and family and peer pressure.
<u>Parenting with Love and Limits (PLL)</u>	Parenting with Love and Limits (PLL) combines group therapy and family therapy to treat children and adolescents aged 10-18 who have severe emotional and behavioral problems (e.g., conduct disorder, oppositional defiant disorder, attention deficit/hyperactivity disorder) and frequently co-

	occurring problems such as depression, alcohol or drug use, chronic truancy, destruction of property, domestic violence, or suicidal ideation
<u>Pathways' Housing First Program</u>	Housing First, a program developed by Pathways to Housing, Inc., is designed to end homelessness and support recovery for individuals who are homeless and have severe psychiatric disabilities and co-occurring substance use disorders.
<u>Phoenix Academy</u>	Phoenix Academy (affiliated with Phoenix House Foundation, Inc.) is a therapeutic community (TC) model enhanced to meet the developmental needs of adolescents ages 13-17 with substance abuse and other co-occurring mental health and behavioral disorders.
<u>Prize Incentives Contingency Management for Substance Abuse</u>	Prize Incentives Contingency Management for Substance Abuse is a variation of contingency management, or reinforcement, that awards prizes for abstinence and treatment compliance. It is based on a construct central to behavioral psychology known as operant conditioning, or the use of consequences to modify the occurrence and form of behavior.
<u>Project SUCCESS</u>	Project SUCCESS (Schools Using Coordinated Community Efforts to Strengthen Students) is designed to prevent and reduce substance use among students 12 to 18 years of age. The program was originally developed for students attending alternative high schools who are at high risk for substance use and abuse due to poor academic performance, truancy, discipline problems, negative attitudes toward school, and parental substance abuse.
<u>Project Towards No Tobacco Use</u>	Project Towards No Tobacco Use (Project TNT) is a classroom-based curriculum that aims to prevent and reduce tobacco use, primarily among 6th- to 8th-grade students. The intervention was developed for a universal audience and has served students with a wide variety of risk factors.
<u>Recovery Training and Self-Help</u>	Recovery Training and Self-Help (RTSH) is a group aftercare program for individuals recovering from opioid addiction. RTSH is based on the supposition that opioid addiction, regardless of a person's original

	reasons for using substances, stems from conditioning due to the reinforcing effects of repeated opioid use.
<u>Reinforcement-Based Therapeutic Workplace</u>	Reinforcement-Based Therapeutic Workplace is a practical application of voucher-based abstinence reinforcement therapy. Abstinence reinforcement procedures are historically based on a construct central to behavioral psychology known as operant conditioning, or the use of consequences to modify the occurrence and form of behavior.
<u>Relapse Prevention Therapy (RPT)</u>	Relapse Prevention Therapy (RPT) is a behavioral self-control program that teaches individuals with substance addiction how to anticipate and cope with the potential for relapse. RPT can be used as a stand-alone substance use treatment program or as an aftercare program to sustain gains achieved during initial substance use treatment.
<u>Residential Student Assistance Program (RSAP)</u>	The Residential Student Assistance Program (RSAP) is designed to prevent and reduce alcohol and other drug (AOD) use among high-risk multiproblem youth ages 12 to 18 years who have been placed voluntarily or involuntarily in a residential child care facility (e.g., foster care facility, treatment center for adolescents with mental health problems, juvenile correctional facility).
<u>Seeking Safety</u>	Seeking Safety is a present-focused treatment for clients with a history of trauma and substance abuse. The treatment was designed for flexible use: group or individual format, male and female clients, and a variety of settings (e.g., outpatient, inpatient, residential).
<u>Service Outreach and Recovery (SOAR)</u>	Services Outreach and Recovery (SOAR), a multicomponent program for indigent and residentially unstable clients, aims to reduce drug and alcohol use and increase participation in formal substance abuse treatment programs and 12-steps self-help groups such as Alcoholics Anonymous and Narcotics Anonymous.
<u>Supportive-Expressive Psychotherapy</u>	Supportive-Expressive Psychotherapy (SE) is an analytically oriented, time-limited form of focal psychotherapy that has been adapted for use with individuals with heroin and cocaine addiction.

	Particular emphasis is given to themes related to drug dependence, the role of drugs in relation to problem feelings and behaviors, and alternative, drug-free means of resolving problems.
<u>TCU (Texas Christian University) Mapping-Enhanced Counseling</u>	TCU (Texas Christian University) Mapping-Enhanced Counseling is a communication and decision-making technique designed to support delivery of treatment services by improving client and counselor interactions through graphic visualization tools that focus on critical issues and recovery strategies.
<u>Teen Intervene</u>	Teen Intervene is an early intervention program targeting 12- to 19-year-olds who display the early stages of alcohol or drug use problems (e.g., using or possessing drugs during school) but do not use these substances daily or demonstrate substance dependence.
<u>Trauma Recovery and Empowerment Model (TREM)</u>	The Trauma Recovery and Empowerment Model (TREM) is a fully manualized group-based intervention designed to facilitate trauma recovery among women with histories of exposure to sexual and physical abuse.
<u>Twelve Step Facilitation Therapy</u>	Twelve Step Facilitation Therapy (TSF) is a brief, structured, and manual-driven approach to facilitating early recovery from alcohol abuse, alcoholism, and other drug abuse and addiction problems. TSF is implemented with individual clients over 12 to 15 sessions.

Web-site: <http://www.nrepp.samhsa.gov>

Click on: View All Intervention